

Italian Toasted Gnocchi

25 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 400.
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From your Pantry	You'll need olive oil, salt and pepper.
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Honey Butter Chicken and Waffles

30 Min to Table	30 Min Hands On	2 Whisks Easy
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Getting Started	Preheat your oven to 425.
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From Your Pantry	You'll need one egg, olive oil, salt and pepper
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Quick Tips



Asian Angus Beef Burger

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat 1 Tbsp of olive oil in a skillet.
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From Your Pantry	You'll need olive oil and one egg per serving.
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Lemon Orzo with Spinach & Halloumi

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water onto boil.
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From Your Pantry	You'll need olive oil, salt & pepper
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Sweet Asian BBQ Salmon

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat 1 Tbsp olive oil in a large skillet.
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From Your Pantry	You'll need some olive oil, salt and pepper.
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Squash with Slow Roasted Tomatoes and Goat Cheese

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
Getting Started	Preheat your oven to 400 and take pizza dough out of refrigerator.	
Omnivore Option	Chicken is a great addition,	

Provençal Shrimp Pasta Salad

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
From Your Pantry	You'll need olive oil, salt and pepper.	
Getting Started	Bring a large saucepan of water to a boil.	

Moroccan Steak with Spiced Rice Pilaf

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
Getting Started	Preheat your oven to 400.	
From Your Pantry	You'll need some olive oil, salt and pepper.	

Pappardelle with Chicken & Herby Cream Sauce

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
Getting Started	Bring a medium saucepan of water to a boil.	
From Your Pantry	You'll need some olive oil, butter, salt and pepper.	

Chile-Lime Salmon with Street Corn Elote

10 Min to Table	25 Min Hands On	1 Whisk Super Easy
Getting Started	Preheat your oven to 375.	
From Your Pantry	You'll need olive oil, salt and pepper.	

Grilled Zucchini Quesadilla Tacos

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
Getting Started	Heat grill or preheat broiler.	
Picky Eater Tip	Serve the bean salad on the side.	

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmdnd daily)	
Pappardelle with Chicken and Herby Cream Sauce (use 2/3 pasta, parm, butter, & cream sauce)	850	57	132	45 CC 35	13	1400	50	25	35% Vitamin A	30% Calcium
	660		92					18		
Lemon Orzo with Spinach & Halloumi (1/2 the orzo)	720	42	32	65 CC 20	5	920	6	22	42% Vitamin C	25% Vitamin A
	590		32					18		
Chile-Lime Salmon with Street Corn Elote	650	41	35	47	5	1070	15	16	140% Vitamin C	20% Calcium
Sweet Asian BBQ Salmon	550	40	14	70	4	1100	59	12	110% Vitamin A	80% Vitamin C
Honey Butter Chicken & Waffles (1/2 the dressing, 1/2 the butter and 1 waffle)	740	69	29	56	3	570	x	16	44% Vitamin A	24% Vitamin B-6
	595		17					11		
Italian Toasted Gnocchi	453	20	5	82	10	486		11	81% Vitamin C	201% Vitamin A
Asian Angus Beef Burger (no bun, 1/2 the peanut sauce, 1/2 the aioli)	700	45	46	26 CC 6	2	624	3	15	60% Vitamin A	65% Vitamin C
	570		42					12		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Moroccan Steak with Spiced Rice Pilaf	600	40	23	63	4	2130	29	18	301% Vitamin C	61% Vitamin A
Squash with Slow-Roasted Tomatoes and Goat Cheese	540	8	36	48	6	165	14	22	94% Vitamin C	235% Vitamin A
Grilled Zucchini Quesadilla Tacos	445	17	9	76	11	327	x	14	54% Calcium	66% Vitamin A
Provençal Shrimp Pasta Salad	660	54	16	77 CC 19	7	810	10	16	45% Calcium	35% Iron
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A

Below some of the recipes you will see Lighten Up Options. Those meals can easily be prepared without all of the calorie-dense ingredients and still keep their magic.

These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit.

And, of course, if you have leftovers, the actual numbers will be lower.

Pappardelle with Chicken & Herby Cream Sauce

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Wide ribbons of pappardelle pasta and tender chicken breast are coated in a flavorful herby cream sauce infused with white wine, fennel, herbs, and lemon. Finished with sweet peas, Parmesan, and a touch of black pepper, this comforting dish balances richness with bright, aromatic flavor.

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1 Tbsp/svg)

6 MEEZ CONTAINERS

Chicken
Pappardelle Pasta
Fennel & Onions
Herby Cream Sauce
Peas
Parmesan

Good to Know

If you ordered the **Carb Conscious version**, we sent you Red Peppers instead of Pappardelle, reducing the **carbs per serving to 35g**. Skip steps 1 and 3 and prior to step 3, heat 1 Tbsp olive oil in the empty skillet over medium-high heat and cook the peppers until charred, about 5 minutes. Use in place of the pasta.

Our free-range chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Health snapshot per serving – 850 Calories, 132g Fat, 45g Carbs, 57g Protein, and 25 Freestyle Points.

Lightened-up health snapshot per serving – 660 Calories, 92g Fat, 31g Carbs, and 18g Freestyle Points, by using two-thirds of the pappardelle, parmesan, and Herby Cream Sauce, and butter.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Chicken, Cream, Fennel, Yellow Onion, White Wine, Pappardelle, Peas, Parmesan, Chicken Stock, Lemon, Garlic, Black Pepper, Thyme, Oregano, Tarragon


meez meals

1. Get Organized

Bring a medium saucepan of water to boil.

2. Cook the Chicken

While the water is coming to a boil, heat 1½ Tbsp olive oil in a large skillet over high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until brown on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the skillet. After the chicken has rested, shred with two forks and set aside until step 4.

3. Cook the Pasta

While the chicken is resting, add the **Pappardelle Pasta** to the boiling water with a sprinkle of salt and cook until al dente, about 6 to 8 minutes. Drain well, return to the saucepan, cover and set aside.

4. Create the Sauce

While the pasta is cooking, heat 1 Tbsp olive oil in the now-empty chicken skillet over medium-high heat. Add the **Fennel & Onions** and cook until they start to soften, 5 to 6 minutes. Add the **Herby Cream Sauce** and bring the mixture to boil. Reduce the heat to medium-low and simmer, stirring frequently, until it thickens, about 5 to 6 additional minutes. Add the **Peas** and 2 Tbsp of butter and stir until the butter has melted. Remove from the heat and add the half the **Parmesan**, shredded chicken, and cooked pasta. Stir well.

5. Put It All Together

Serve the pasta with the remaining parmesan sprinkled over top. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Lemon Orzo with Spinach & Halloumi

We're taking our inspiration from sunny Greece, where spinach, lemon and seared halloumi cheese are staples. This week we're pairing them with grape tomatoes and tender orzo pasta for a 15-minute dinner that's bright and fresh.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

6 MEEZ

CONTAINERS

Orzo Pasta
Spinach
Grape Tomatoes
Seasoned Onions
Halloumi Cheese
Lemon

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the orzo.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak*.) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good To Know

If you ordered the **Carb Conscious version** we sent you cauliflower "rice" instead of orzo, reducing the **carbs per serving to 20g**. Skip step 1 and prior to step 3, heat 1 Tbsp oil in a large skillet over high heat. Add the cauliflower and sauté until it starts to brown, about 3 to 4 minutes. Add the spinach and stir until it starts to wilt, about a minute longer and transfer to a mixing bowl. Combine with the cooked, seasoned onions at the completion of step 3. If you're cooking the **gluten-free version**, we sent you white rice instead of orzo. Follow the instructions in step 2 but cook the rice for 15 to 20 minutes.

Health snapshot per serving – 720 Calories, 42g Protein, 32g Fat, 65g Carbs, and 22 Freestyle Points. **Lightened-Up Health snapshot per serving** – 590 Calories, 32g Fat, 39g Carbs, and 19 Freestyle Points using half the orzo.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Halloumi Cheese, Spinach, Onion, Tomato, Orzo, Garlic, Parsley, Dill, Lemon Pepper, Black Pepper, Oregano, Lemon.

meez *meals*

1. Get Organized

Set a large saucepan of water to boil.

2. Cook the Orzo

Add the **Orzo Pasta** to the boiling water with a pinch of salt. Cook until al dente, about 10 to 12 minutes. Remove from the heat and drain. Return the cooked orzo to the empty saucepan along with the **Spinach** and stir well. Cover and set aside.

3. Make the Sauce

While the orzo is cooking, transfer the **Grape Tomatoes** to a zip lock bag and squish each one.

Heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the **Seasoned Onions** and contents of the zip lock bag. Sauté until the onions and tomatoes become soft, about 4 minutes. Transfer the contents of the skillet to the saucepan with the orzo and spinach and mix well. Wipe out the skillet.

4. Grill the Halloumi

Place the **Halloumi Cheese** on a cutting board and slice into ½" cubes (they don't need to be perfect). Slice the **Lemon** in half.

Heat 1 Tbsp olive oil in the now-empty skillet over medium heat. When the oil is hot, add the cubed halloumi and the lemon halves, cut side down. Cook undisturbed until bottom of halloumi is golden brown, about 2 to 3 minutes. Flip and cook until another side is golden brown, about 2 additional minutes. Remove from the heat.

5. Put It All Together

Serve the seared Halloumi on top of the orzo with a generous squeeze of lemon. Enjoy!

*We're sending
the halloumi
uncut to
maintain
maximum taste
and freshness.*

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Chili Lime Salmon with Street Corn Elote

We love the creamy, zingy taste of Mexican street corn. We're putting it front and center as the base for salmon crusted with crunchy panko and cotija cheese. With chili and lime, this dinner is fresh and flavorful and practically hands-free.

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

4 MEEZ CONTAINERS

Salmon

Corn & Peppers

Chili Lime Aioli

Seasoned Panko & Cotija

Cheese

Make The Meal Your Own

Our salmon is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

Good To Know

Health snapshot per serving – 650 Calories, 35g Fat, 41g Protein, 47g Carbs, 16 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

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cooking video**



25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

INGREDIENTS: Salmon, Corn, Mayonnaise, Poblano Pepper, Red Bell Pepper, Cotija Cheese, Sour Cream, Panko Breadcrumbs, Lime, Cilantro, Paprika, Chili Powder

meez *meals*

1. Get Started

Preheat the oven to 375 degrees.

2. Sear the Salmon

Pat dry the **Salmon** and season with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is very hot, sear the salmon on one side for one minute, flip and repeat. Set the salmon aside for step 3. Do not wipe out the skillet.

If you don't have an oven-safe skillet, you can transfer to an oiled 8x8 or similar sized casserole dish.

3. Make the Elote

Add the **Corn & Peppers** to the now-empty skillet and cook until the peppers start to char and soften slightly, about 4 to 5 minutes. Turn off the heat, add the **Chili Lime Aioli** and stir well.

4. Bake and Serve

Layer the seared salmon on top of the elote and sprinkle the **Seasoned Panko & Cotija Cheese** over the entire dish in a single layer. Bake until the top starts to brown, about 15 minutes. Remove from the oven and let rest for 5 minutes.

Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Sweet Asian BBQ Salmon

We adore the dark, tangy-sweet flavor of Asian BBQ sauce. We're pairing it with seared salmon, sautéed carrots and green cabbage for a dinner that's fresh, tasty, and on the table in just 15 minutes.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Cabbage & Carrots
Salmon
Sweet BBQ Sauce
Ginger Dressing
Sesame Seeds

Good To Know

Want to spice it up? Add sriracha or gochujang to the sauce. Both are great ways to dial up the heat.

Our salmon is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

Health snapshot per serving – 550 Calories, 14g Fat, 70g Carbs, 40g Protein and 12 Freestyle Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

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INGREDIENTS: Salmon, Cabbage, Carrots, Yellow Onion, Mae Ploy Sauce, Celery, Honey, Tamari, Garlic, Ginger, Crushed Red Pepper, Brown Sugar, Sesame Oil, Rice Wine Vinegar, Ketchup, Sugar, Lemon, Sesame Seeds

meez *meals*

1. Sauté the Veggies

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Cabbage & Carrots** and cook until they start to soften, 1 to 2 minutes. Remove from the pan, place in a mixing bowl, and toss with two-thirds of the **Ginger Dressing** (the lighter colored orange sauce). Add additional dressing to taste.

2. Cook the Salmon

Wipe out the skillet and heat 2 Tbsp of oil in over medium-high heat. Dry the **Salmon** with a paper towel and when the oil is hot, cook until it turns brown, about 3 minutes. Flip and add the **Sweet BBQ Sauce** (the darker brown sauce) and cook the other side for 3 additional minutes, while spooning the sauce on top of the salmon. The sauce should thicken enough to be able to coat the back of a spoon.

3. Put It All Together

Serve the salmon over the veggies and drizzle a bit of the sauce from the pan on top. Sprinkle with the **Sesame Seeds**, serve and enjoy!

Honey Butter Chicken & Waffles

Chicken & Waffles taken up a notch. Or two or three. With roasted leeks, crispy buttermilk-breaded chicken, and sweet honey-butter served over a Belgian waffle, you've got a sophisticated spin on a down-home classic that's on the table in just 30 minutes.

30 Minutes to the Table

30 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

One Egg
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Leeks
Chicken
Buttermilk Dressing
Breading
Honey Butter
Belgian Waffles

Good to Know

We're sending you the waffles already cooked, so no waffle iron required ☺

Family favorite!

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Health snapshot per serving – 740 Calories, 69g Protein, 29g Fat, 16 Freestyle Points

Lighten-Up Health snapshot per serving – 595 Calories, 67g Protein, 17g Fat, 11 Freestyle Points with half the dressing, half the butter and ½ waffle per serving.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

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to view YouTube
cooking video



INGREDIENTS: Chicken, Belgian Waffle, Leeks, Buttermilk, Panko, Mayonnaise, Butter, Honey, Chive, Black Pepper, Kosher Salt, Thyme, Basil, Oregano, Celery Salt, Dry Mustard, Paprika, Garlic, Ginger, White Pepper.

meez meals

1. Roast the Leeks

Preheat oven to 425. Arrange the **Leeks** in a single layer on a rimmed baking sheet and drizzle lightly with olive, oil, salt and pepper. Cook until they begin to crisp, about 10 minutes. Set aside for step 5.

2. Prepare the Chicken

While the leeks are roasting, pat dry and very loosely wrap each **Chicken** breast in saran wrap and place on a cutting board. Using a meat tenderizer (mallet) or bottom of a small pot, pound the thicker sections of the breast until each has reached uniform thickness. Generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

In a mixing bowl, mix half the **Buttermilk Dressing** with one egg. Spread the **Breading** evenly on a large plate. Now dip the chicken breast completely into the buttermilk dressing and let any excess drip off. Then put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side. Discard any unused buttermilk dressing and breading.

3. Cook the Chicken

Heat 2 Tbsp olive oil in a large skillet over medium heat. When the oil is hot add the breaded chicken and cook until the breading is golden brown, about 4 to 5 minutes. Flip and cook the other side until it is also brown, an additional 4 to 5 minutes. Remove from the heat.

While the chicken is resting, place the **Honey Butter** on top of the chicken breasts to melt.

4. Heat the Waffle

Wipe out the skillet and return to the stove over medium heat. Cook the **Belgian Waffles** until the first side is lightly brown. Flip and cook the other side until it is also brown, and the waffle is warmed thoroughly. Remove from heat and place directly on serving plates.

5. Put It All Together

Drizzle the remaining buttermilk dressing on the waffles, cover with the roasted leeks and top with the chicken and melted honey butter. Enjoy!

Save the other half of the buttermilk dressing to drizzle on the chicken in step 5.

We use one hand to take the chicken through these steps and keep the other hand clean to hold the bowl or plate. It makes the process neater and easier.

We like the way the pan caramelizes the waffle but feel free to use your toaster oven if you prefer

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Italian Toasted Gnocchi

There's something magical about gnocchi when it's toasted. Crispy on the outside, tender on the inside, and totally delicious. We're tossing it with a rich tomato and herb sauce, sautéed spinach and shaved parmesan.

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Sauté Pan with
cover

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Gnocchi
Spinach
Tomato & Herb
Sauce
Parmesan

Good to Know

CHICKEN - Prior to Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Slice into strips and stir into the gnocchi in Step 4.

STEAK - Prior to Step 3, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes. Slice into strips and stir into the gnocchi in Step 4.

SHRIMP - Prior to Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Stir into the gnocchi in Step 4.

Good to Know

Health snapshot per serving – 453 Calories,
20g Protein, 5g Fat, 11 Freestyle Points.0

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INGREDIENTS: Gnocchi, Spinach, Parmesan, Tomato, Ricotta, Oregano, Basil

meez meals

1. **Getting Organized**

Preheat oven to 400 degrees.

2. **Toast the Gnocchi**

Place the **Gnocchi** on a baking sheet, brush with Olive Oil, and lightly salt and pepper. Bake until gnocchi are slightly crispy on the outside, 16 to 18 minutes.

3. **Cook the Spinach and Sauce**

While the Gnocchi is toasting, heat 1½ Tbsp olive oil in a large skillet over medium heat. Add **Spinach** and sauté until spinach is wilted, 3 to 4 minutes.

Add **Tomato and Herb Sauce** and cook for another 2 minutes. Remove from heat, cover, and set aside.

4. **Finish and Serve**

Combine toasted gnocchi with spinach and tomato sauce over medium-high heat and warm until entire mixture is hot, about 1 minute.

Top with **Parmesan** cheese and enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Asian Angus Beef Burger

Big, messy and crazy delicious. Thai peanut sauce, Asian Slaw and a Bok Choy omelet bring an Asian flair to this burger that we can't get enough of. With a bok choy salad, it's a dinner the whole family will love.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Skillet
- Large Mixing Bowl
- 2 Small Mixing Bowls

FROM YOUR PANTRY

- Olive Oil
- Eggs (1 per serving)

6 MEEZ CONTAINERS

- Bok Choy & Green Onions
- Ginger-Soy Aioli Sauce
- Asian Slaw
- Angus Beef Burger
- Bun
- Peanut Sauce

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the bun, reducing the **carbs per serving to 34g**. Toss the lettuce and Asian Slaw with the Ginger-Soy Aioli Sauce and top with the burger. Spread the peanut sauce on the burger and finish with the omelet on top to enjoy as a salad.

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. We recommend using ½ tsp of each.

Health snapshot per serving – 1130 Calories, 485g Protein, 80g Fat, 52g Carbs, 34 Freestyle Points

Lightened-Up Health snapshot per serving – 740 Calories, 58g Fat, 18g Carbs, 22 Freestyle Points by skipping the bun and egg and using half the peanut sauce and half the aioli sauce. Make a salad by combining the slaw with the bok choy and aioli sauce, placing the burger on top and drizzling with the peanut sauce.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339

**SCAN QR CODE
to view
YouTube
cooking video**



INGREDIENTS: Angus Beef Burger, Bun, Bok Choy, Radish, Broccoli, Carrots, Green Onion, Peanut Butter, Mayonnaise, Tamari, Garlic, Ginger, Rice Wine Vinegar, Brown Sugar, Cayenne Pepper, Sesame Oil.

meez meals

1. Make the Bok Choy Salad and Asian Slaw

Put two-thirds of the **Bok Choy & Onions** in a mixing bowl with half the **Ginger-Soy Aioli** and mix well. Refrigerate until you're ready to eat. Mix the **Asian Slaw** (the component with the long thin pieces of carrot) and the remaining Ginger-Soy Aioli in a bowl until the veggies are well coated and set aside for step 5.

2. Create a Bok Choy Omelet

Heat 1 Tbsp olive oil in a large skillet over medium-high heat and scramble 2 eggs in a small bowl. When the oil is hot, add the remaining Bok Choy & Onions and sauté until the bok choy softens, about 3 to 4 minutes. Spread the veggies evenly in the pan and pour in the eggs. As the egg sets in the center, gently push it to the edges of the pan with a spatula, ensuring the uncooked eggs that remain get to the bottom of the pan to set. Once the egg has set, use the spatula to cut in half. Cook until the bottoms starts to brown slightly, about one minute, then flip each half. Cook until the other sides starts to brown slightly as well, about another minute. Remove from the skillet and set aside. Wipe out the pan.

3. Cook the Angus Beef Burger

Return the now empty skillet to the stove over high heat. When the pan is hot, cook the **Angus Beef Burger** until the bottom and sides are brown, about 3 minutes. Flip and continue cooking for 2 minutes if you prefer your burger **medium rare**. (Cook for 3 minutes for **medium**, and 4 to 5 for **well done**). Set aside to rest for 5 min. Wipe out the pan.

4. Toast the Bun

While the burger is resting, return the now empty skillet to the stove over medium heat. Lightly brush the inside of each half of the **Bun** with olive oil and toast in the skillet, oiled side down, until golden brown, Repeat for each roll.

5. Build the Burger

Spread a generous helping of **Peanut Sauce** on the bun bottom and place the burger on top. Layer an additional spread of Peanut Sauce directly on the burger. Next place the omelet on top, followed by the Asian slaw and finally the bun top. Enjoy with the Bok Choy Salad on the side!

If you have a meat thermometer, use it to achieve desired doneness for the burger.

Medium Rare: 125

Medium: 135

Medium-Well: 145

Well Done: 160

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Moroccan Steak with Spiced Rice Pilaf

We're putting a fresh twist on steak night with our blend of Moroccan spices. Served up with fluffy seasoned basmati rice, seasoned vegetables and cucumber yogurt, it's a delicious dinner that's packed with flavor.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Oven-Safe Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Basmati Rice
Garlic, Onions & Raisins
Steak
Moroccan Spices
Zucchini & Bell Peppers
Cucumber Garlic Yogurt

Good To Know

Health snapshot per serving – 600 Calories, 40g Protein, 23g Fat, 63g Carbs, 18 Freestyle Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Steak, Zucchini, Red Bell Pepper, Basmati Rice, Yogurt, Yellow Onion, Golden Raisins, Cream, Cucumber, Cilantro, Ginger, Garlic, Chicken Broth, Lemon, Salt, Coriander, Cumin, Paprika, White Pepper, Cardamon, Turmeric, Clove, Cinnamon

meez *meals*

1. Getting Organized

Preheat the oven to 400 and put a saucepan of water on to boil.

2. Cook the Rice

Add the **Basmati Rice** to the boiling water and reduce the heat to medium. Simmer, uncovered, until the rice is tender, about 15 to 20 minutes. Drain well and set aside in the colander.

Heat 1 Tbsp olive oil in the now-empty saucepan over medium high heat. When the oil is hot, add the **Garlic, Onions & Raisins** and sauté until the onions soften, about 2 to 3 minutes. Add the drained rice to the saucepan and mix well, then cover and set aside.

3. Cook the Steak

While the rice is cooking, pat dry the **Steak** with a paper towel, then put them in a ziplock bag with the **Moroccan Spices**. Shake well so that the steaks are totally coated in seasoning.

Heat 1 Tbsp oil in a large oven-safe skillet over high heat. When the oil is hot, add the seasoned steaks. Cook undisturbed until the seasoning starts to darken on the bottom, about 45 seconds. Flip the steaks and continue cooking until the other side has browned, another 45 seconds. Transfer the skillet to the oven and cook for 4 minutes if you like your steak medium-rare. (Cook for 5 to 6 minutes for medium, and 7 to 8 for well done). Transfer to a cutting board to rest for 5 minutes. After the steaks have rested, place them horizontally on the cutting board and cut into even strips (we aim for ½" x 1" pieces). Wipe out the skillet.

4. Cook the Veggies

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Once the oil is hot, add the **Zucchini & Bell Peppers** and sprinkle with salt and pepper. Cook until the vegetables start to char, about 3 to 4 minutes.

5. Put it All Together

Serve the steak and vegetables over the rice and finish with some generous dollops of the **Cucumber Garlic Yogurt**. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois *

Squash with Slow-Roasted Tomatoes and Goat Cheese

We're always looking forward to warm, rustic meals that are comforting, but still a breeze to make. And this one certainly fits the bill. We're roasting butternut squash, fresh grape tomatoes and goat cheese all together, then tossing them with nutty farro and a delectable balsamic cream sauce. The result? A delicious dinner where the oven does all the work.

Getting Organized

EQUIPMENT

Saucepan
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Farro
Butternut Squash
Grape Tomatoes
Goat Cheese
Balsamic Cream

Add Protein Cooking Instructions

Integrate into recipe: While the squash is roasting in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and combine with everything in step 4.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good To Know

Health snapshot per serving – 690 Calories, 20g Protein, 34g Fat, 85g Carbs, 26 Freestyle Points

Lightened-up health snapshot per serving – 560 Calories, 27g Fat, 70g Carbs, 20 Freestyle Points by using three-quarters of the Farro and Balsamic Cream.

35 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

**SCAN QR CODE
to view
YouTube
cooking video**



INGREDIENTS: Butternut Squash, Farro, Heavy Cream, Goat Cheese, Balsamic Vinegar, Grape Tomatoes, Brown Sugar, Vegetable Base, Garlic, Herbs

meez meals

1. Getting Organized

Preheat your oven to 400 and put a saucepan of water on to boil.

2. Cook the Farro

Salt the boiling water and add the **Farro**. Cook until al dente, about 25 to 30 minutes. Drain and transfer to a mixing bowl. Keep the empty saucepan nearby.

We love farro when it's puffed up, but still firm in the center.

3. Roast the Squash

Mix the **Butternut Squash** with 2 Tbsp olive oil and spread evenly on a baking sheet. Roast until lightly caramelized, about 15 minutes. Add the **Grape Tomatoes** to your baking sheet, mix and cook until the tomatoes start to burst, about 5 minutes. Add the **Goat Cheese** and bake for 3 more minutes.

The balsamic cream will thicken slightly while it cooks, but it's meant to be pourable. Don't expect a gravy-like consistency.

While the tomatoes are roasting, put your now-empty saucepan back on the stove and pour in the **Balsamic Cream**. Heat on medium until the mixture boils and then reduce to a simmer and cook for 5 minutes.

4. Put It All Together

Pour half of the balsamic cream over the roasted squash, tomatoes and goat cheese and then mix everything together with the farro. Serve with additional balsamic cream and season with salt and pepper to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Grilled Zucchini Quesadilla Tacos

This dinner is part cheesy quesadilla, part taco and a Mexican star through and through. It all starts with Chihuahua cheese melted on corn tortillas, which get topped with grilled zucchini, Mexican bean salad and then eaten like a taco. It's an ooey-gooley delicious dinner that's on the table in 15 minutes. Why didn't we think of this sooner?

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Broiler and
Baking Sheet or
Grill
2 Mixing Bowls

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Spiced Beans
Lime Vinaigrette
Zucchini
Corn Tortillas
Chihuahua
Cheese

Add Protein Cooking Instructions

Integrate into recipe: While the zucchini is roasting in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve in the tortillas in step 4.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good To Know

If you're making the vegan version, we've left the cheese out of your meal. Instead of making a melty quesadilla, assemble it as a delicious taco.

Health snapshot per serving – 445 Calories, 17g Protein, 11g Fiber, 14 Smart Points

INGREDIENTS: Zucchini, Chihuahua Cheese, Black Beans, Great Northern Beans, Yellow Onion, Corn Tortillas, Lime, Cider Vinegar, Cilantro, Jalapeño, Granulated Garlic, Coriander, Agave Syrup, Cumin

meez *meals*

1. Getting Organized

Heat your grill or preheat your broiler. (If you're broiling, put the top rack of your oven about 6 inches from the heating element.)

2. Make the Bean Salad

Put the **Spiced Beans** into a mixing bowl with the **Lime Vinaigrette** and toss well. Season with salt and pepper, and put into the refrigerator to chill.

3. Roast the Zucchini

Put the **Zucchini** into another mixing bowl. Toss with olive oil and season with salt and pepper. Put on to the grill or on a rimmed baking sheet under the broiler. Cook until very soft and slightly browned, about 10 to 12 minutes.

Flip the zucchini a few times while it cooks.

4. Put It All Together

Put the **Corn Tortillas** on to the grill or on a rimmed baking sheet under the broiler. Heat until warm, about 30 to 60 seconds. Turn and top with the **Chihuahua Cheese** and cook until the cheese melts, about 2 to 3 minutes. Top with the roasted zucchini and bean salad. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Provençal Shrimp Pasta Salad

We're taking our inspiration from the French countryside this week. With seared green beans and asparagus, sautéed shrimp, al dente pasta, creamy lemon zest dressing, and a crispy parmesan tuile on top, it is as much at home on a picnic in Provence as on your dinner table..

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Tricolor Rotini
Shrimp
Creamy Lemon Zest
Dressing
Asparagus & Green
Beans
Parmesan, Asiago &
Pepitas

Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini "noodles" instead of the pasta, reducing the **carbs per serving to 19g**. Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta.

Make ahead: Pasta salads are even better the next day. Prepare it up to 2 days in advance and enjoy when you are ready.

Shrimp is a good source of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant.

Health snapshot per serving – 660 Calories, 16g Fat, 54g Protein, 77g Carbs, 16 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Shrimp, Tricolor Rotini, Asparagus, Green Beans, Mayonnaise, Buttermilk, Greek Yogurt, Parmesan, Asiago, Dill, Pepitas, Lemon Zest, Dijon Mustard, Lemon Pepper, White Pepper

meez *meals*

1. Get Organized

Bring a large saucepan of water to boil.

2. Cook the Pasta

Add the **Tricolor Rotini** to the boiling water with a pinch of salt and cook until al dente, about 10 to 12 minutes. Rinse under cold water in a colander until the noodles are room temperature. Let it drain in the colander until the end of step 3.

3. Assemble Shrimp Pasta Salad

After you've drained the pasta, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Pat dry the **Shrimp** and season with salt and pepper. When the oil is hot, add the shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board and cut each shrimp in half. Do not wipe out the skillet.

Combine the cut shrimp, drained pasta, and **Creamy Lemon Zest Dressing** in a large mixing bowl and stir well.

Heat 1 Tbsp olive oil in the now-empty skillet over high heat. When the oil is hot, add the **Asparagus & Green Beans** and cook until they start to char but are still bright green, about 5 to 6 minutes. Transfer the veggies to the mixing bowl and stir. Wipe out the skillet.

4. Prepare the Crispy Parmesan Tuile

Heat the now-empty skillet over high heat and add the **Parmesan, Asiago & Pepitas** in two thin even circles about 3" in diameter. Cook until the bottoms crisp and turn brown about 3 minutes, then flip and cook until the other side is brown and the entire tuile is brittle enough to be broken into pieces.

5. Put It All Together

Break the crispy parmesan tuile into bite-sized pieces and sprinkle over the pasta salad. Enjoy!

*Remove the
tuile
immediately
from the pan
to avoid
burning.*

Instructions for two servings.

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